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Caught in the Act: Melissa Adkisson

Health and wellness are always on the forefront of Melissa Adkisson's mind. That's why she's using the America on the Move and Wellness Works plans to accentuate her commitment to her health.



On March 30, Adkisson started walking with her partner in wellness, Steve Davis, and co-wellness committee member Amberlee Nickel. Adkisson starts a typical work day by taking the stairs from the basement to the third floor. At some point in the day she tries to squeeze in a few minutes of resistance band strength training.

"The advantage to using the resistance band at work is that it is small, quiet, portable and effective," said Adkisson. "I use it primarily for my lower body but also for my shoulders and arms. I have osteopenia (low bone density that can result in osteoporosis) so strength training and walking have been recommended as a means to improve my bone mass."

Frankfort Staff Printing Procedures Updated

Last week, the Division of Communications distributed a notice to Frankfort employees detailing new procedures for guiding a printing project through completion.

Recent changes made at Finance Printing called to light the need for a process that all CHFS complex staff can utilize.

"Now CHFS staff has a single point of contact for printing needs," said Vikki Franklin, executive director of public affairs. "Our publications manager, Emily Moses, will act as a liaison on behalf of our numerous departments and will guide staff through this process."

The process does not pertain to letterhead, business cards, forms, envelopes, etc. It also does not include any items that you normally take to the Quick Copy Center.

It does include all items that will be sent to the Division of Printing Services.

The Division of Printing Services gets first-refusal on all printing projects. If the Division of Printing Services cannot complete your project, it would go through the proper channels to be bid out to a state-approved vendor.

This includes routing your project through the CHFS Division of Procurement Services to be entered into the MARS system. Then, a solicitation representative at the Finance Cabinet will put the project out for bid.

"We want to make sure all of our publications are being created, printed and distributed through legal means," said Franklin. "The printing statutes are very clear. This process ensures staff is working within those statutes."

The Division of Communications and the CHFS Division of Procurement Services worked closely to establish this policy.

All publications should be reviewed by the public information officer representing your vertical and/or Moses.

"This process does take time to complete, but it is efficient," said Moses. "To be safe, you should build at least six weeks into your deadlines for printing. Paperwork can be completed in advance

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to speed things up. Really, a little extra planning will go a long way in the end.”

The CHFS Procedures for Printing document is available on the Communications [Intranet site](#).

For more information contact Moses at (502) 564-6786, ext. 4600; or e-mail her at Emily.moses@ky.gov.

Workshops Focus on Skills for Working with Seniors

By Anya Armes Weber

As part of Elder Abuse Awareness Month, a May workshop is planned to spotlight special skills needed for working with older adults.

The event is from noon to 3:30 p.m. Thursday, May 11, at the Holiday Inn South, 5532 Athens-Boonesboro Road, Lexington.

The Madison County Council on Elder Maltreatment Prevention (CEMP) and the University of Kentucky's Ohio Valley Appalachia Regional Geriatric Education Center are sponsors of the annual symposium.

Lunch is provided at the free workshop.

Session topics include elder abuse prevention, national elder abuse statistics and Kentucky's elder protection system.

Continuing education credit is pending for the areas of nursing, nursing home administration, social work, pharmacy and legal education.

For registration information, contact Hardin Stevens at (859) 257-2658 or hardin.stevens@uky.edu.

At U of L game, SNAP Raises Funds to Promote Adoptions

By Anya Armes Weber

The Cabinet's Special Needs Adoption Program (SNAP) and the Dave Thomas Foundation for Adoption (DTFA) raised awareness and money at last week's University of Louisville football scrimmage.

The April 21 event raised more than \$3,600, which will go toward a grant from the foundation that will fund a Child Specific Recruitment position in the Cabinet's Division of Protection and Permanency. SNAP staff also offered information about adoption.

With a \$1 donation to the DTFA, U of L fans received a poster that included the Cardinals' game schedule and a blank space for coaches' and players' autographs.

Proceeds go to the nonprofit DTFA, a charity created in 1992 by Wendy's founder Dave Thomas to raise awareness about the need for adoptive families across the country. The foundation works frequently with SNAP to find homes for Kentucky's waiting children. Thomas, an adoptee, died in 2002.



Special Needs Adoption Program (SNAP) staff Lori Faris and Jennifer Cochran show off the Cardinals football poster at the University of Louisville scrimmage last week. Fans donated \$1 to the Dave Thomas Foundation for Adoption and received a poster that included the U of L football team's 2006 schedule.

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New Hart County DCBS office opens

By Anya Armes Weber

Secretary Mark D. Birdwhistell led the celebration at the grand opening of Hart County's new Department for Community Based Services office last week.

DCBS has outgrown its home of the last 34 years in the old Carter-Dowling school building. That building has no lobby or reception area and no privacy for confidential meetings and interviews.



CHFS Secretary Mark D. Birdwhistell and Hart County Family Support Supervisor Karen Shelton cut the ribbon for the new Hart County Department for Community Based Services office in Munfordville on Monday, April 24. At Birdwhistell's right is Hart County Protection and Permanency Supervisor Tara Wilson.

The new office, at 810 National Turnpike Road, is on the west side of town and is convenient to I-65, meaning easy access for customers. About 20 DCBS staff will work there.

"Staff and clients are excited about the move," Acting Service Region Administrator Janice Centers said. "Customers will get better attention in the new building. It's something we've been looking forward to."

The building, already open to clients, will also house Office of Legal Services, Office of the Ombudsman and Department for Juvenile Justice staff.

Wellness Ambassadors Update

Beginning Feb. 16, six CHFS employees who wanted to make positive changes in their health volunteered to be Wellness Ambassadors and give Focus readers insight into their experiences. This week Kedra Weinrauch and Julie Franklin report on their progress through March.

Kedra's Progress

Week 1: I planned grocery lists and looked for ways to increase my exercise.

Week 2: I began buying more fruit and less junk food. As a result, I filled up on more on vegetables and fruit and consumed fewer calories, less fat and better nutrition than the junk foods they replaced.

Week 3: I continued eating more organic fruits and vegetables. I've been checking out local gyms and assessing my needs and expectations where a gym or health club is concerned.

Week 4: Relapse! I gave in to junk food cravings!! Continued researching gyms and took a vigorous walk with a friend once this week.

Week 5: I bought very little junk food. I've been eating out while resolving some problems with my kitchen. I bought fruit for snacks at work and home. I walked (vigorously) twice this week. I selected a gym that has most of the features I wanted and am negotiating the enrollment fee. I am enjoying walks in my neighborhood park and may not need a gym in the summer. My goal to stop smoking is mostly off - went eight days without smoking, but haven't quite stopped altogether.

Barriers: I like potato chips. They taste good! Old habits die hard, but I'm buying fruit I love, like strawberries and oranges. That makes it easier to eat healthier.

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Suggested Resources: I have joined the "America on the Move" initiative and am keeping a tally of steps I walk. My goal is to walk the Appalachian Trail in the next six weeks in tribute to George Masa, a role model whom I admire very much.

Julie's Progress

Week 1: Nothing to report.

Week 2: I joined Curves women's fitness center and set a goal to exercise at least three days a week for 30 minutes each day. My first week of membership I exceeded my goal and exercised five times.

Week 3: I went to the fitness center four times this week – again exceeded my goal.

Week 4: Once again I exceeded my exercise goal and exercised four times this week.

Week 5: I met my goal to exercise three times this week. My first weigh-in and measurements will be taken next week. I'm hoping for some positive results.

Barriers: I continue to struggle with my eating, but I haven't given up yet. It's a challenge each day, but each time I fall off the wagon, I just get right back on and try not to give up.

Suggested Resources: Joining Curves and some low-fat recipe suggestions from friends.

Outstanding service honored at annual Governor's Volunteer Awards ceremony

Governor Ernie Fletcher and the Kentucky Commission on Community Volunteerism and Service (KCCVS) in the Cabinet for Health and Family Services announced the winners of the 2005 Governor's Volunteer Awards. An awards presentation ceremony was held at the state Capitol in Frankfort on Monday, April 24.

A panel of judges with volunteer and community service backgrounds chose 18 winners in 10 categories.

Governor Fletcher said Kentuckians volunteer at a rate that exceeds the national average.

"The spirit of volunteerism and

community service is almost a genetic trait for most



Governor and Mrs. Fletcher presented Billy Corder with the National Service Individual Award. Donna Thrush, standing next to Corder, nominated him.

Kentuckians," said Governor Fletcher. "That spirit of service established, built and sustains Kentucky. It always has and always will play a big role in this state's growth and success."

The Governor's Office launched the awards program in 1975. Since 1995, KCCVS has administered the program.

CHFS Secretary Mark D. Birdwhistell said it's appropriate that volunteerism is a component of the Cabinet's emphasis on health.

"Health involves more than just one's physical condition," Birdwhistell said. "Social health, community health, neighborhood and family health are important parts of the health puzzle. Our state as a whole is better, healthier, for the outstanding work of these winners and the thousands of other Kentuckians who volunteer."

Among those honored were Jane Stephenson of Lexington and Robert A. Reid of Simpsonville who received Lifetime Achievement Awards and YUM! Brands of Louisville, recognized for its support of volunteer programs.

Eileen Cackowski, KCCVS director, said the awards program will include a new category next

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year to recognize volunteerism among the faith-based community.

“Every day, churches, temples, mosques and other religious congregations are giving the gifts of personal time, talent and resources to meet needs all across Kentucky,” Cackowski said. “The Volunteering Through Faith Communities award category will shine much deserved light on this important segment of the service population.”

2005 Governor’s Volunteer Award winners

Lifetime Achievement Award - Robert A Reid
Simpsonville/Shelby County
Nominated by Edwin O. Walker

Lifetime Achievement Award - Jane Stephenson
Lexington/Fayette County
Nominated by Shirley Thompson

Impact Youth Award - Colby Khoshreza
Pikeville/Pike County
Nominated by Rosalind Stanley

Impact Adult Award - Sandra Myers
Cadiz/Trigg County
Nominated by Tim McGinnis

Innovation Youth Award - Jon Preneta
Nicholasville/Jessamine County
Nominated by Jessica Melton

Innovation Adult Award - Linda Dalton
Ashland/Boyd County
Nominated by Pamela Huwieler

Citizen’s Corps Individual Award - Barb Cook
Covington/Kenton County
Nominated by Butch Callery

Citizens’ Corps Group Award - Dwayne Hite,
Michael Jones and Joe Clary
Philpot/Daviess County
Nominated by Vickie Connor

Volunteer Support Award - Yum! Brands
Louisville/Jefferson County
Nominated by Patricia Kenkel

National Service Individual Award - Billy Corder
Stearns/McCreary County
Nominated by Donna Thrush

National Service Group Award - Volunteers of the Pennyrile Allied Community Services-Retired and Senior Volunteer Program
Christian, Hopkins, Muhlenberg and Trigg Counties
Nominated by Patricia Evans

Non-Profit Group Award - Habitat for Humanity of Madison County
Richmond/Madison County
Nominated by Guy Patrick

Special Category: Individual Award - Marilu Goodsell
Owensboro/Daviess County
Nominated by Sondra Mattingly

Special Category: Group Award - Oakland Mt. Zion Baptist Church
Oakland/Warren County
Nominated by Joyce Scheidt

Director of Volunteer Service Award - James Herman Garrett
Louisville/Jefferson County
Nominated by Marilyn Markwell

Challenge Adult Award: George Moorman
Lexington/Fayette County
Nominated by Lynda Brown Wright

Challenge Adult Award - Mary Smiley Banks

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Henderson/Henderson County
Nominated by Cathy Campbell

Challenge Youth Award - Jamie Douglas
Williamsburg/Whitley County
Nominated by Vestena Robbins

Volunteer Vibes

By Eileen Cackowski

**Last month you talked about volunteerism.
Tell us more about National Service.**

There are several paths to national service. Here at CHFS we monitor AmeriCorps State Programs. Through a variety of programs, individuals serve their community while receiving a small living allowance and an educational voucher at the end of the time of service.

Is there an age limit?

Members must be 17 and have graduated from high school or be working toward a GED. There is no upper age limit. We have some programs with a majority of young people and some with a majority of more seasoned Kentuckians! The average age in Kentucky is about 40. Some new college graduates use AmeriCorps service to help pay off college loans and to get experience. Kentuckians enter for many reasons and those reasons usually change during the year of service. They see firsthand that one person can make an incredible difference in the lives of many. More than half of our members serve two years.

How can I see what programs are offered?

You can check out our Web site <
<http://chfs.ky.gov/dhss/kccvs/>> to see what programs are currently offered and to learn about the many other things we do. Most programs run from September to August and most members

give 33 hours a week. School programs serve nine to 10 months, but must give the same number of hours to complete the service year. Everyone gives at least 1,700 hours. I will list the programs in this column in July.

Does AmeriCorps offer training?

Each program offers specific training for its members, and KCCVS offers training for the members at the beginning of the year and mid winter. Some of the programs offer certifications that can be used later when applying for a job.

What kinds of things do AmeriCorps members do?

Our current members help teach children to read and to learn math; they help keep senior citizens in their homes by serving with meals on wheels, building ramps, helping understand the maze of medical information; they build homes and counsel the homeless toward finding a safe place to live; help young Kentuckians step up to a role of leadership and service; and help individuals leave welfare rolls by teaching new skills, resume writing and professional demeanor. Some members help educate others in issues of homeland security and natural disaster. In other states, members work in the environment, clearing paths, saving rivers and planting trees. Some work closely with public safety officials, disaster relief specialists and even after the disaster clean-up. Individuals find a program they can relate to and make a life-changing decision.

CHFS Focus Health Tip: Keep Feet Healthy

In recognition of Foot Health Awareness Month, we offer these tips on taking care of your feet:

- Wash your feet every day, especially between the toes, with a gentle soap and then thoroughly rinse with water.

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- Clip your nails straight across and above the end of your toe. Do not cut or gouge the corners of your toenail.
- Wear clean socks daily.
- Rotate the pairs of shoes you wear each day, especially if your feet perspire heavily.
- Wear shoes that fit. Don't wear shoes that cramp or intrude on your foot's natural shape.
- Walk! Walking is a great exercise for your feet.
- "I will," rather than, "I hope."
- "I am responsible for my life," rather than, "It's not my fault."
- "This is a learning experience," rather than, "This is terrible."
- "I will find a compromise," rather than, "It's hopeless."

Employee Enrichment

By Anya Armes Weber

Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

"If you think you can, you can. And if you think you can't, you're right."

-- Mary Kay Ash

Mary Kay Ash's billion-dollar cosmetics empire, Mary Kay Cosmetics, has empowered thousands of working women since its launch in 1963. At a time when women didn't have many opportunities in the business world, Ash told her sales staff, "I want you to become the highest-paid women in America."

We can empower ourselves by banishing negative thoughts and comments and using positive words to describe our feelings and intentions. Grief counselor and freelance writer Victor Parachin suggests these word choices to help us feel empowered.

- "I could," rather than, "I should."